

Sometimes

拍數: 32 牆數: 4 級數: Newcomer - Cuban Rumba (Motion)
編舞者: Jenny Memmel (DE) - October 2011
音樂: Sometimes (Rumba / 26 Bpm) - Ballroom Orchestra & Singers : (Album: Giants of Latin: Rumba in the Jungle)



Start with left foot stepped left side, weight on right foot (2nd foot position), Start on vocals

Rumba Basic Step

1 *1* Shift weight to LF
2 *2* step RF back
3 *3* recover weight to LF
4,5 *4,1* step RF to right side, hold

Rumba Basic Step

6 *2* step LF forward
7 *3* recover weight to RF
8,9 *4,1* step LF to left side, hold

Step Turn (3/4 turn left), Sweep, Cross Step

10 *2* ¼ turn left and step RF forward
11 *3* ½ turn left and step forward on LF
12,13 *4,1* sweep RF from back to front, cross RF over LF

Rumba Box Back

14 *2* step LF to left side
15 *3* step RF next to LF
16,17 *4,1* step LF back, hold

Rumba Box Forward

18 *2* step RF to right side
19 *3* step LF beside RF
20,21 *4,1* step RF forward, hold

Steps forward (l,r,l)

22 *2* step LF forward
23 *3* step RF forward
24,25 *4,1* step LF forward, hold

Step Turn (1/2 turn left), Step

26 *2* step RF forward
27 *3* ½ turn left and step forward on LF
28,29 *4,1* step RF forward, hold

Step Turn (1/2 turn right), Side Step

30 *2* step LF forward
31 *3* ½ turn right and step forward with RF
32,1 *4,1* step LF to left side, hold (first step of next rerun, no step on count 1)

Repeat & have fun